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THE CRIME
A hit-and-run, killing a cyclist

THE VICTIM
Beloved school teacher and father of two

THE PUNISHMENT
15 weekends worth of jail time

'I'm disgusted'
MORE REACTION
metroNEWS

Miguel Oliveira pleaded guilty in December to leaving the scene of an accident that killed cyclist Tom Samson.
TORSTAR NEWS SERVICE FILE

Trudeau, meet Tory

CITY HALL

A sitting prime minister makes first visit since amalgamation

Luke Simcoe
Metro | Toronto

Justin Trudeau will be stopping by Mayor John Tory's office Wednesday, marking the first time a sitting prime minister has visited city hall since amalgamation, nearly two decades ago.

It also marks the first meeting between the two politicians since Trudeau was sworn in.

Tory was talking details about what's on the table, tweeting only that he's "excited" to welcome the PM. Sources told Metro a number of issues are expected to come up during the 45-minute sit-down meeting, including transit, housing, federal support for local infrastructure projects and Syrian refugees.

The mayor declined to endorse candidates or parties during the 2015 election, but he did speak in support of Trudeau and the Liberals' plan to funnel more funds to cities. Trudeau, in turn, pledged to fund one-third, about $2.6 billion, of Tory's flagship SmartTrack transit project.

The Liberals have promised to invest $20 billion in infrastructure over the next decade. Where the money will be spent has yet to be announced, but Tory has been clear that he expects Ottawa to help pay for Toronto's pressing housing and transit issues.

According to the mayor's office, Trudeau's trip will be the first time a sitting prime minister has officially visited city hall since amalgamation (Jan. 1, 1998).

Others have come to the city and met with mayors — Tory and Stephen Harper met last June, for example — but they did not officially visit the seat of government.

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ESTIMATED NUMBER OF ONTARIANS EMPLOYED DIRECTLY AND INDIRECTLY IN THE NUCLEAR INDUSTRY ANNUALLY OVER THE NEXT 20 YEARS.

Source: Canadian Manufacturers & Exporters

60%

AMOUNT OF ONTARIO'S ELECTRICITY GENERATED BY NUCLEAR IN 2014.

Source: Independent Electricity System Operator

30%

IN 2015, NUCLEAR POWER WAS 30% BELOW THE AVERAGE COST OF ELECTRICITY IN ONTARIO.

Source: Independent Electricity System Operator

metro NEWS
Your essential daily news

Steven Avery, the subject in Netflix's series Making a Murderer, has filed an appeal of his conviction

Tory gets taken to school

BUDGET

Pair of Grade 6 students tell mayor how to pay for vows

Jessica Smith Cross
Metro | Toronto

Mayors are often taken to task at public meetings — but rarely by the sweet voice of a sixth grader.

Two Mountview Alternative Public School students were among the nearly 60 people in council chambers Tuesday morning to have their say on how the city should spend and save this year.

Anya Rodine had stern words for Mayor John Tory, who she says has failed to tell people how he'll pay for political promises such as SmartTrack.

She has her own proposal: raise taxes to help Tory "come through on the promises he's making."

Rodine said she and her classmates have learned that Toronto's property taxes haven't always kept up with inflation. Increasing taxes could pay for things they care about, she said, such as public libraries, swimming pools, outdoor skating rinks, the High Park Zoo and transit.

> **Soon, Toronto will be in a crisis. So we have to raise taxes before that happens.**
> Anya Rodine

"We don't understand why all the other areas but the police have to cut their budgets when crime is going down," she added. "We think police are important but not more important than all the other areas."

Asked afterward how she came up with her suggestions, Rodine said she and her classmates gave input but their teacher, Kim Fry, actually wrote the speech.

Chloe Brussé, one of Rodine's classmates, also spoke Tuesday, telling councillors she wanted better funding for the TTC so her parents could avoid delays and get home from work on time.

Both girls said they're optimistic councillors will take their suggestions to heart.

"Our whole class thought the same thing, and because we're kids — and usually kids don't do this — they want to hear what we think," Brussé added.

Anya Rodine, left, and Chloe Brussé are students at Mountview Alternative. JESSICA SMITH CROSS/METRO

REQUESTS

Most of the people who weighed in on the budget Tuesday wanted more services and tax increases to pay for them.

- Michael Polanyi, a Children's Aid Society worker, urged councillors to fund the $75-million Poverty Reduction Strategy approved last year.
- Members of the Toronto Public Library Workers Union talked about the toll precarious, low-paying work takes on their lives, asking for more money for libraries and staffing.
- Toronto Region Board of Trade president and CEO Jan De Silva suggested the city bring in more money by selling air rights over surface parking lots operated by the Toronto Parking Authority. The resulting development would mean more property taxes and development fees, he said.
- The Toronto Real Estate Board repeated its long-standing objection to the land-transfer tax. The board called on council to at the very least reduce the tax, especially for first-time buyers.

Missing millions

Council has also approved a plethora of new services and programs — about $67 million worth — that aren't in the first draft of the budget. If council wants them included, they'll have to find the cash before the budget's approved next month.

Luke Simcoe
Metro | Toronto

$13.7M
Recommendations for Toronto Community Housing, courtesy of the mayor's task force

Earlier TTC service on Sundays

Lower speed limits to improve safety

Hiring 57 new paramedics

Toronto Arts Council's grant program

$2M

$416K
Extended hours for cold weather shelters

New permits to foil fake-makers

SECURITY

Province sets out to protect handicap spots

Gilbert Ngabo
Metro | Toronto

The Ontario government is rolling out new handicap parking permits — designed primarily to stop would-be counterfeiters.

The permits will feature enhanced security elements — like serial numbers — that will make them easier to verify and more difficult to duplicate.

"It's all about fairness," said Anne-Marie Flanagan, communications manager at Ontario Ministry of Government and Consumer Services."We don't want these parking spots to be used by people who don't deserve them."

There are about 700,000 parking permits being used across Ontario, Flanagan said, and counterfeiting is an issue. In 2015 alone, police seized 1,030 fake permits, handing them over to the ministry and taking the people who were using them to court, Flanagan said.

"And that's only what we get. There must be many more we don't know about," she said.

Holders of the new permits will be prohibited from laminating them because it prevents the ability to read things like barcodes, one of the new ways the permits can be verified.

People who already have a permit don't need to get a new one until their expires. But, everyone who gets a new permit after this week will get the enhanced version.

The new permits have a variety of other features that aren't being disclosed to add an extra layer of protection, Flanagan added.

> **We don't want these parking spots to be used by people who don't deserve them.**
> Anne-Marie Flanagan

WHO GETS ONE

Who's eligible for an accessible parking permit?

- A health-care provider must certify the applicant cannot walk without assistance, suffers from acute lung disease, has severely limited ability to walk due to a health condition or has very limited visual ability.
- Permits are either temporary or permanent depending on the health condition of the person receiving one.

METRO

A variety of features make the new permits harder to duplicate. CONTRIBUTED

MENTAL HEALTH

Student wins privacy, assistance

Navi Dhanota knew she needed some help to score top grades in university but, this time, she wasn't prepared to return to a psychiatrist's chair to get it.

She didn't think any student should have to disclose her private mental-health diagnosis to get extra time to hand in an assignment or test.

So when York University demanded she name a specific mental-health disability to register for academic supports, Dhanota put her foot down. She filed a human rights complaint against York.

After a two-year battle that ended with intervention from the Ontario Human Rights Commission, the sides last week announced a settlement.

Dhanota worked with ARCH Disability Law Centre, the university and the commission to rewrite the university's guidelines for accessing academic accommodations.

Effective immediately, Dhanota and hundreds of other students seeking supports at York won't have to label their illness to get help.

The school still requires an assessment from a licensed doctor to confirm the student has a legitimate condition that may require faculty flexibility or other supports, but the focus is now on determining how the disability affects their learning.

For example, some students may need to take tests at a particular time of day because medication makes them drowsy.

"From the very beginning, I knew I wanted all students to have this," said Dhanota, who is pursuing a PhD in critical disability studies. "Students across Canada should not have to disclose."

TORSTAR NEWS SERVICE

Navi Dhanota's case means York University students don't have to label their mental illnesses to get help, though they must still provide a doctor's assessment. TORSTAR NEWS SERVICE

BRAMPTON

Two die in two-vehicle crash

Two people have died following a two-vehicle collision in Brampton Tuesday evening.

According to police, the victims are a man and woman in their 20s. They were in the same vehicle at the time of the crash. Passengers in the other vehicle, a father and son, suffered minor injuries and were taken to hospital, Sgt. Rachel Gibbs said. The crash occurred at Central Park Drive and Howden Boulevard. The intersection was closed for crash investigation. TORSTAR NEWS SERVICE

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Did you know that the Chichen Itza Pyramid pictured here is one of the new Seven Wonders of the World?For more Mexico fun facts, visit **flightcentre.ca/mexico.**

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Karin Kutasewich gives a lice treatment to a girl in Toronto in 2012. STEVE RUSSELL/TORSTAR NEWS SERVICE

School board may roll dice on lice

HEALTH

Policy review could mean kids with nits remain in class

No matter how lousy your child is, the Toronto District School Board wants to keep them in school. The TDSB is in the process of reviewing its policy dealing with a common childhood pest — head lice — after Toronto Public Health updated its recommendation about how to handle lice.

Historically, the TDSB and other school boards across the GTA have followed a strict "no nits" policy that excluded children found with lice from attending school until the infestation had cleared up. That may be changing.

"Now that Toronto Public Health has updated its pediculosis policy toward exclusion, the board will look at its own policy toward the need to exclude children with lice," said TDSB spokesperson Ryan Bird.

The itchy, irritating insects are brown in colour and about the size of a sesame seed. Lice lay eggs, called nits, in their host's hair and survive by feeding on blood. But, according to Richard Pollack, an entomologist who has studied head lice for more than 20 years, the amount of blood they take is very small and the worst harm they can cause is a mild itching.

> **"Lice aren't going to suck the blood out of your child and leave you with a potato chip instead of a living thing."**
> Entomologist Richard Pollack

"Lice aren't going to suck the blood out of your child and leave you with a potato chip instead of a living thing," he said. School boards across the GTA that were contacted by the Star were divided on their approach to the lousy pests. "Students with head lice are not allowed to attend school until all nits are removed," said Ryan Reyes, a representative of the Peel District School Board.

The Durham District School Board, Dufferin-Peel Catholic District School Board, Halton Catholic District School Board, and York Catholic District School Board all follow "no nit" policies which bar students with lice from attending school until they've been cleared by an approved screening agency.

Meanwhile, a spokesperson for the Toronto Catholic School Board said the board follows the direction of Toronto Public Health and that there was "no reason to exclude students with head lice from school."

TORSTAR NEWS SERVICE

IN BRIEF

Man struck by train dies

Regular service has resumed on the Lakeshore East and West GO lines after a person was struck and killed by a GO Train at Port Credit station early Tuesday afternoon.

GO officials said the Aldershot to Union train was still partially in the station when it hit and killed a person on the tracks.

According to Peel Police spokesperson, Rachel Gibbs, the male pedestrian was struck at 2:45 p.m., and pronounced dead on scene. TORSTAR NEWS SERVICE

MEDICINE

First hand transplant in Canada a success

The first successful hand transplant in Canada has been completed by a team of doctors in Toronto.

Eighteen surgeons worked for 14 hours to attach a donated forearm and hand to a 49-year-old woman who lost her arm below the elbow in an accident years ago.

"She seems to be very happy with the procedure," said Dr. Steven McCabe, director of the Toronto Western Hospital's hand and upper extremity transplant program. McCabe was part of the team that completed the first successful hand transplant ever at a hospital in Kentucky in 1999.

110
Number of hand transplants completed around the world

While 110 transplants have been completed around the world, this was the first time it was done in Canada. TORSTAR NEWS SERVICE

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NORTH YORK

Colombian artist shows in his own home

Back in Colombia, Mao Correa got calluses on his hands from wielding a paint brush to create the intricate works of art he sold by the hundreds in Latin America and the United States.

Now, in his new home in Canada, he gets calluses from building decks and fences to make a living.

But art is still his true passion — and he recently made use of his newly honed carpentry skills to build a gallery from scratch in the basement apartment he shares with his wife in North York.

"Welcome to the Mao Art Gallery," said Correa, 45, greeting a visitor. "It is not easy for immigrants to get back into their old profession without a professional network. But Canada is a country where you can do whatever you want. It's possible."

An established artist from Santa Marta, Correa studied drawing at the National University of Colombia in Bogota and has exhibited his work since 1994.

Mao Correa sold 10 pieces at the opening of his Mao Art Gallery. VINCE TALOTTA/TORSTAR NEWS SERVICE

In 2013, he was invited to Canada to lead a workshop teaching students how to create art through recycled materials and, by chance, reconnected with his elementary school classmate Adriana Salazar, who sponsored him to Canada after they got married in Toronto in March 2014.

> **Canada is a country where you can do whatever you want.**
> Mao Correa

Correa said it's expensive to rent space in commercial galleries in the GTA.

So he decided to renovate the 700-square-foot flat into a gallery with wood panels and spotlights.

Correa started painting when he was a little boy, obsessed with cars and women's bodies.

"We went to a Catholic school. He never did anything but drawing on his notebooks. One time the nun asked him what happened to his homework," said Salazar, 45, who met Correa in Grade 5.

"She opened his notebook and saw the sketches of nude women — the nuns. He was expelled from the school."

Correa, who has sold more than 500 original paintings in his career and held six mini-shows in Toronto, said he got expired paints for some of his paintings and scrap wood for framing through his daytime job in trades.

At the recent opening of his home gallery, Correa showed his work to 70 guests and sold 10 more pieces.

"This is just fantastic. People always say art is expensive and this is one way to make art more accessible to the masses. They can come to my gallery and look at these original pieces up close," he noted.

TORSTAR NEWS SERVICE

UNIVERSITIES

Students ask freeze on tuition

Ontario universities are no longer truly publicly funded, warn student groups, because the taxpayers' share of operating costs has been outstripped by student tuition and fees.

The Ontario Undergraduate Students' Alliance (OUSA) is calling on Queen's Park to freeze tuition for four years starting in 2017 so government grants can catch up and once again outweigh student dollars.

The group wants Ontario to reimburse universities for the lost income, which it pegs at about $106 million a year.

The portion of province-wide university operating costs covered by student tuition and fees hit 51 per cent in 2012, according to OUSA.

However, MPP Reza Moridi, Ontario's minister of training, colleges and universities, noted the "net cost" to students of university is much lower than the "sticker" price once $1.3 billion in yearly government loans, grants and rebates are factored in.

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One of 5 simple ways to end the stigma around mental illness.

It's not always easy to know how to break the stigma associated with mental illness. Mental health experts suggest 5 easy ways you can help. Here's one way.

Language matters

Choose the right words. People with a mental illness are just that: People with a mental illness. Not "crazy," "bipolar" or "schizophrenic." Too many people still dismiss or joke about mental illness. Would they be as comfortable doing so if they were talking about cancer?

Clara Hughes

Bell Let's Talk

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SALVATION ARMY

Hope Shelter finds potential new home

After two years of searching for a new space, the Salvation Army's Hope Shelter has found a potential new home in Leslieville.

The charity has made a conditional offer to open an 80-bed men's shelter at 29 Leslie St., just north of Eastern Ave., contingent upon city council approval and solidifying their business plan.

Letters from the city and the Salvation Army landed in residents' mailboxes last Friday informing them of the plan.

In a Facebook message posted the same day, Councillor Mary-Margaret McMahon called on the neighbourhood to show the same generous spirit to the ward's very first shelter that they have shown to Syrian refugees.

"So much great benevolence and kindness and generosity (was shown) that I knew that would translate into the same treatment for Torontonians," she said in an interview.

Though it might be news to residents, Bradley Harris, the Salvation Army's executive director for Toronto housing and homeless supports, says the site was seen as a possible new location since the summer.

The organization started searching for a new space when news that the building housing its 124-bed location at College and McCaul Streets was sold.

The new site was chosen for its affordability, its ease of access to transit, and its out-of-the-core location. "Not everybody who is experiencing homelessness lives downtown," he said.

The city expects more shelters to crop up outside the downtown core as real estate prices soar, older facilities cry out for upgrades, and plans are underway to revitalize George Street. TORSTAR NEWS SERVICE

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Mourners gather Tuesday outside the Church of Holy Trinity as names are added to the memorial for the 792 displaced individuals who have died since 1986. LIZ BEDDALL/METRO

Sad start for 2016

HOMELESSNESS

Advocates continue push to protect most vulnerable

Gilbert Ngabo
Metro | Toronto

Dozens of Toronto homelessness advocates marked the start of a new year on a sad note Tuesday.

They added the first two names of 2016 to the Toronto Homeless Memorial, bringing the list of people honoured outside the Church of Holy Trinity to 792.

The memorial has served as a reminder of the city's battle against homelessness since 1986. And, each time names are added, people are urged to speak out against its causes.

Many people — braving freezing temperatures and gripping candles — sobbed as they remembered Charles Martin and Anthony William Flint, both of whom died at the end of last year.

Flint was "a young and dynamic man," Kimberly Curry, executive director of Seeds of Hope Foundation, said about Flint. "Out of exacerbation, he died an unnecessary death. Inhumanity has to stop in this city."

Flint, 30, had been battling mental health issues before his death. Martin, 49, died of pneumonia.

As they read out names of the 43 homeless people who died in 2015, advocates vowed to continue pushing city hall to improve shelter conditions and protect the people who depend on them.

> **Inhumanity has to stop in this city.**
> Kimberly Curry

Cathy Crowe's been circulating a petition, now signed by more than 1,200, calling for such changes. She plans to take it to city hall and submit it as part of public consultations on the 2016 budget.

"At the very basic we want to be able to prevent deaths," she said Tuesday.

BY THE NUMBERS

Related deaths in Toronto in the last five years:

- **2015:** 43
- **2014:** 35
- **2013:** 31
- **2012:** 35
- **2011:** 26

SOURCE: TORONTO HOMELESS MEMORIAL

Hit-and-run sentence 'egregious'

VULNERABLE ROAD USERS

Dead cyclist's father calls for stricter laws

Luke Simcoe
Metro | Toronto

A sentence that boils down to 15 weekends in jail for a hit-and-run driver who killed a Toronto cyclist was met Tuesday with outrage from the cycling community.

"I'm disgusted," said activist Tammy Thorne. "This man killed someone with his car, fled the scene and now only has to serve a few weekends in jail. It's egregious."

Tom Samson — a 35-year-old elementary school teacher and father of two — was hit and killed by a minivan in November 2012 while cycling near Lansdowne Avenue and Davenport Road.

The man behind the wheel, Miguel Oliveira, left the scene and turned himself in the next day after consulting a lawyer.

Oliveira pleaded guilty last month to failure to remain at the scene of an accident causing injury or death and was sentenced Tuesday to six months in jail with a two-year driving ban. He was given credit for three months of house arrest and will serve the remainder of his sentence on weekends.

Superior Court Justice Faye McWatt made it clear that Oliveira was being sentenced solely for leaving the scene. Although an agreed statement of facts noted Samson was "at zero or very slow velocity" in a left-hand turning lane, not enough is known about the crash to assign fault, she said.

"Although some of the content of the victim impact statements may have suggested the defendant caused the death of the victim, it is not a factor that I have found or considered in this sentencing," McWatt said.

Reflecting on the sentence handed down to the man who killed his son, Uri Samson was more resigned than angry.

"I'm not surprised," he said. "If this is the law, then I cannot expect more."

Since the loss of his son, Uri has been calling for a law that would create stricter penalties for drivers who kill or injure cyclists or pedestrians and impose minimum sentences on those, like Oliveira, who leave the scene.

Sentences like the one handed down Tuesday by Superior Court Justice Faye McWatt do nothing to deter other drivers from leaving "a cyclist or pedestrian dying on the roadway," said Albert Koehl, a lawyer and pedestrian advocate who followed the case.

Uri acknowledged nothing can bring his son back. But, he said, stricter laws may save lives in the future.

"Soon, the killer of my son will be out again on the roads and he might cause another accident," he said. "Someone else in the community might just go through the same nightmare, torture and torment that we went through." WITH FILES FROM TORSTAR NEWS SERVICE

A DAD'S GRIEF

Uri Samson partially blames himself for his son's death. The bike Tom was riding the day he was killed was a gift from his father. "I have this remorse. It was me who taught him to ride when he was three."

Tom Samson and his wife, Kasia Briegmann-Samson Inset, the ghost bike for Tom Samson at Lansdowne and Davenport.
TORSTAR NEWS SERVICE FILE

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Operation: Welcome to Canada

ARMED FORCES

Military has helped Syrians overseas, now will help house

The military is beginning to wind down its overseas involvement in the Liberal government's commitment to resettling thousands of Syrian refugees in a matter of months.

Approximately 70 Canadian Armed Forces members have returned from Jordan and Lebanon, where they were part of a broader government effort to bring 25,000 Syrians to Canada by the end of next month.

"All it takes is seeing one little one the same age as my daughter - smiling because they are going to Canada," said Maj. Drew Willis, who was among 68 soldiers who arrived to waiting family members early Tuesday at Canadian Forces Base Gagetown in New Brunswick.

About 150 soldiers remain overseas helping process applications and conduct medical tests on the thousands of Syrians who are still passing through the screening process.

Quebec's immigration minister Kathleen Weil greets a Syrian family in Quebec City on Tuesday.
CLEMENT ALLARD/THE CANADIAN PRESS

The Defence Department says the decision to bring some personnel home was made in consultation with the Immigration Department in anticipation of the completion of the program.

"Operation Provision has been a tremendous opportunity to showcase leadership and Canadian values on the world stage and we will continue to stand in support of this whole-of-government effort, ready to assist wherever and however we are needed," Defence Minister Harjit Sajjan said in a statement Tuesday.

Where the military is going to be needed next is at home.

Thousands of Syrians landing in the coming days are expected to be billeted at military bases as cities and towns across the country are still busy securing housing for the new arrivals.

Space is available for 6,000 people at various bases and facilities throughout Ontario and Quebec, with an additional 7,000 spots also in reserve if needed, the Forces say on their website.

Canadian Forces Bases Valcartier, Kingston and Borden are expected to be the first three put into use as early as this week.

By Jan. 10, 9,562 refugees who had arrived. Three government-organized flights of refugees were scheduled to arrive Tuesday, one in Montreal and two in Toronto, taking the number of arrivals to just over 10,000. The Immigration Department would not pinpoint the timing of the 10,000th arrival, citing privacy rules.

The Liberals intend to bring 25,000 Syrians to Canada under government sponsorship by the end of this year. THE CANADIAN PRESS

QUEBEC GOAL

Province shy of original projected numbers

Immigration Minister Kathleen Weil said Tuesday roughly 2,800 Syrians have so far made it to Quebec, representing about 75 per cent of the provincial government's initial objective of 3,650 Syrian refugees to the province by the end of 2015. THE CANADIAN PRESS

MIGRANT CRISIS

Life-jackets tell story of survival

Yvette d'Entremont
Metro | Halifax

Two small life-jackets at the Canadian Museum of Immigration in Halifax, N.S. tell part of the story of young refugees caught up in the Mediterranean migrant crisis last summer.

They're on loan from the Canada Science and Technology Museum in Ottawa. Alberta physician Simon Bryant brought them back after his Doctors Without Borders mission operating a rescue clinic at sea to help migrants making the dangerous Mediterranean Sea crossing.

The two children who wore them survived and were rescued, even though one of the jackets was a cheap toy.

Used by real children, one of these is a wading pool toy.
JEFF HARPER/METRO

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PRIME MINISTER PERKS

Trudeau's sensational swag

Michael Woods
Metro | Ottawa

The prime minister has a lot of responsibility but enjoys great perks — like gifts from heads of state. Under the Conflict of Interest Act, the Prime Minister must declare any gifts worth more than $200. The gifts are then listed online. Here are five of the coolest things Trudeau has received so far.

1 Astronaut Ice Cream
From Gary Polonsky and Alex Benay, board chairman and president, respectively, of the Canada Science and Technology Museum.

2 Château Larrivet-Haut-Brion Red Bordeaux 2000
French President François Hollande gifted Trudeau three bottles of this wine (which has received an average 90.7 rating on cellartracker.com) at the UN climate summit in Paris last November.

3 Glass Globe designed by Kenneth Cobonpue
Philippines President Benigno Aquino III gave one of the internationally acclaimed Filipino designer's pieces to Trudeau at the APEC Summit in Manila on Nov. 18.

4 John Deere Mugs
Another gift from the Canada Science and Technology Museum. You can never have enough mugs.

5 Basket with liqueurs, dark rum, vodka and chocolates
Also from Aquino. Chocolate is a safe choice for a guy you don't know well. Plus, you can't go wrong with "a variety of liqueurs." Well done, President Aquino.

IMMIGRATION

Families fear queue-jumping

People seeking to bring parents or grandparents to Canada this year were reportedly paying couriers up to $400 to ensure their applications were at the top of the pile for the first-come, first served federal immigration program that was flooded with far more applications than available spots.

The appearance that it's possible to buy a way to the front of the parent and grandparent sponsorship program is raising concerns about the program's fairness ahead of planned changes to the system.

Since 2014, the program has only accepted 5,000 applications a year,

Andre Nicolae sent off his application via UPS to sponsor his 80-year-old Romanian grandmother.

The Hamilton resident was told it had arrived by 6:31 a.m., a time that he figured guaranteed him a spot at the top of the line.

So he was disheartened to hear from a courier friend that there were dozens of people in line by that hour and many of them were dropping off thousands of applications at once.

While he'd paid a regular courier fee, he was told some people had paid up to $400 just to ensure their application was at the front of the line. He said its raises questions about fairness.

Immigration lawyer David Cohen said coming to Canada shouldn't be akin to waiting for tickets to a Justin Bieber concert.

THE CANADIAN PRESS

Rekindle belief in change: Obama

STATE OF THE UNION

U.S. president urges rejection of fear, division in final address

President Barack Obama, entering the last year of his presidency, urged Americans Tuesday night to rekindle their belief in the promise of change that first carried him to the White House, declaring that the country must not allow fear and division to take hold.

"It's easier to be cynical, to accept that change isn't possible and politics is hopeless," Obama said in his final State of the Union address. "But if we give up now, then we forsake a better future."

At the heart of Obama's address to lawmakers and a prime-time television audience was an implicit call to keep Democrats in the White House for a third straight term. He struck back at critics who have challenged his economic and national security stewardship, calling it all "political hot air."

In a swipe at some Republican presidential candidates, he warned against "voices urging us to fall back into tribes, to scapegoat fellow citizens who don't look like us or pray like us or vote like we do, or share the same background."

Seeking to shape his own legacy, Obama ticked through a retrospective of his domestic and foreign policy actions in office, including helping lead the economy back from the brink of depression, taking aggressive action on climate change and ending a Cold War freeze with Cuba.

Yet he was frank about one of his biggest regrets: failing to ease the persistently deep divisions between Democrats and Republicans.

"The rancour and suspicion between the parties has gotten worse instead of better," he conceded. "There's no doubt a president with the gifts of Lincoln or Roosevelt might have better bridged the divide, and I guarantee I'll keep trying to be better so long as I hold this office."

The State of the Union address, a kind of annual progress report from the president, could be one of Obama's last opportunities to claim a large television audience as president. However, the address has suffered a major drop-off in viewers in recent years.

THE ASSOCIATED PRESS

President Barack Obama gestures as he arrives on Capitol Hill in Washington, Tuesday, before giving his State of the Union address before a joint session of Congress. J. SCOTT APPLEWHITE/THE ASSOCIATED PRESS

> **If we give up now,** then we forsake a better future.

> **The rancour and suspicion** between the parties has gotten worse instead of better.

> **I'll keep trying** to be better so long as I hold this office.

ISIL

Explosion kills 10 in Istanbul

A suicide bomber detonated a bomb in the heart of Istanbul's historic district on Tuesday, killing 10 foreigners — most of them German tourists — and wounding 15 other people in the latest in a string of attacks by Islamic State of Iraq and the Levant (ISIL) extremists targeting Westerners.

The blast, just steps from the historic Blue Mosque and a former Byzantine church in the city's storied Sultanahmet district, was the first by ISIL to target Turkey's vital tourism sector, although ISIL militants have struck with deadly effect elsewhere in the country.

Turkish Prime Minister Ahmet Davutoglu said the bomber was a member of ISIL and pledged to battle the militant group until it no longer "remains a threat" to Turkey or the world.

Eight Germans were among the dead and nine others were wounded, some seriously, German Foreign Minister Frank-Walter Steinmeier told reporters in Berlin. THE ASSOCIATED PRESS

Citizens leave carnations as they gather near the site of the explosion.
EMRAH GUREL/THE ASSOCIATED PRESS

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0715

Plunge in oil prices follows a falling loonie

Oil and the Canadian dollar breached two benchmarks Tuesday, with crude briefly dipping below $30 US a barrel and the loonie slipping beneath the 70-cent US level during a volatile day on the markets.

At one point in early afternoon trading, a barrel of West Texas Intermediate fell as low as $29.93 US before it regained some ground to settle at $30.44 US a barrel. That was still down 97 cents from Monday's close.

The Canadian dollar hovered above and below the 70-cent US mark throughout the day, dropping as low as 69.85 cents US, before ending the day at 70.14 cents US — its lowest level since April 2003.

Oil prices have dropped precipitously over the last year and a half, falling from above $105 US in June 2014 to levels not seen in more than a decade. And the loonie is heavily influenced by the global price of oil, one of the country's major exports.

Going forward, it is very likely that global economic conditions will remain unfavourable and that subdued commodity prices will persist.

FINANCE MINISTER BILL MORNEAU

The falling dollar and price of oil prompted questions for Finance Minister Bill Morneau, who was in Montreal on Tuesday for pre-budget consultations.

"I know that Canadians are looking closely at the price of oil. Canadians are looking closely at the Canadian dollar," Morneau said. "We recognize that those are important indicators for Canadians as they go about considering their situation."

The currency's historic low is 61.79 cents US, set in January 2002. It hit an all-time high of 110.3 cents US in November 2007 as Canada's resource-heavy economy benefited from global demand for its exports.

The last time Canada's dollar was worth more than the greenback was about three years ago, in February 2013.

OILSANDS

Projects keep pumping despite losing money

Oilsands operators have little choice but to keep pumping despite losing money on every barrel, said industry analyst Martin King, with Calgary investment dealer FirstEnergy Capital. THE CANADIAN PRESS

If there was one bright spot Tuesday, it was the S&P/TSX composite index, which added 54.65 points to end the day at 12,373.90.

In New York, the Dow Jones rose 117.65 points to close at 16,516.22. In other commodities, the February contract for gold fell $11 to settle at $1,085.20 US an ounce while February natural gas fell 13.9 cents to $2.257 US.

THE CANADIAN PRESS

ECONOMY

Industries cheer, jeer ailing dollar

The loonie fell below the 70-cent US mark Tuesday for the first time in 13 years. In its wake, the rapidly dropping dollar is leaving a roster of winners and losers in Canada. Here's a look at who is benefiting — and who is hurting:

WINNER: FILM INDUSTRY

Hollywood North, whether it be Vancouver, Toronto, or some of the up-and-coming markets like Calgary, is booming. Peter Leitch, president of North Shore Studios and chairman of the Motion Picture Production Industry Association of B.C., said American studios are increasingly heading to Canada to take advantage of the low dollar.

ISTOCK

"That does make Canada one of the top choices of places to come to," said Leitch. "A few years ago when it was at par, it was quite a challenge to attract business."

LOSER: PRO SPORTS TEAMS

If you think buying a pair of shoes in the U.S. hurts, try signing a multimillion-dollar contract with an NHL, NBA or Major League Baseball star.

WINNER: TOURISM

Canada's tourist hot spots are getting a boost from Americans heading north of the border as well as Canadians opting to take so-called staycations.

"We've got a lot of drive traffic coming across the border," said Sarah Morden, a spokeswoman for B.C. ski resort Whistler Blackcomb.

The Conference Board of Canada says overnight travel from the U.S. increased about seven per cent last year.

LOSER: CONSUMERS

Be prepared to pay more for anything imported, including food. The University of Guelph's Food Institute estimates the average Canadian household spent an additional $325 on food in 2015 and is expected see an additional increase of about $345 this year because of the low dollar.

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metro VIEWS
Your essential daily news
Wednesday, January 13, 2016

Barking BFF
Fido really is your best friend. A new study shows scientifically that dogs understand human voices and facial expressions.

ELLEN VANSTONE

URBAN ETIQUETTE

Is it acceptable to break up with someone by text or email? Or do you have to do it in person?

Dear Ellen,
Is it acceptable to break up with a person by text or email? Or do you have to do it in person?
Jamie, Vancouver

Dear Jamie,

Traditionalists will maintain that the only acceptable M.O. is to meet in person, in private, deliver the blow, and then allow your newly minted ex to react for as long, and with as much tearful, abusive rage, as deemed necessary.

But, with an open mind to evolving mores and technology, I put this question to Facebook friends of all ages, and received a variety of answers.

At least two male respondents seemed to miss the point: Don ("pro basketball or football game, with the help of the cheerleaders, while dressed as the mascot") and Zach ("Always ask the father first. It's tradition"). Actually, I'm pretty sure both those guys are single at the moment, which may explain their confusion.

Others (I hope) were joking, including Tim ("Twitter. You manage to tell the person and the world at the same time!") and Bren ("Invite them to a private Facebook event titled 'Our Anniversary' and then click 'not going'").

Twenty-something Katie stated that "Lots of people from the younger generation (like, high-school kids) actually prefer being broken up to via text. For me and my friends, that's an absolute no-go."

I can certainly see the benefits of an e-breakup, from both sides. The dumper doesn't have to face the music, or get a drink thrown in their face. And the dumpee can collapse with shock and dismay without giving the dumper the satisfaction of seeing the collapse, followed by the pleasure of crafting a withering reply accusing the dumper of spineless, selfish discourtesy. Win-win — if you're both pathologically repressed social incompetents who live 5,000 miles apart without access to voice calls or Skype, and you're under the age of 12.

As always with good manners, it's about putting the other person's feelings above your own.

For the rest of you, note that the most representative reply in my FB focus group was this one, from Nora: "No text, definitely no email or snail mail (that's for business only); phone or Skype if you can't see them in person. NO crowded restaurant! Ideally, the civilized breakup is in person in private."

But others had qualifications to this basic rule of etiquette, like Maria: "Private, but not TOO private. I think proper etiquette would allow for the ability to stomp off. I know a woman who was dumped (not literally) in a canoe in the middle of a lake."

I happen to know that Maria, years ago, was given the pink slip by a snotty New York Times reporter boyfriend in public on the Upper East Side. But to this day, we both savour the memory of her slapping him across the face in front of a delighted sidewalk audience before she leapt into a passing cab.

Most respondents eschewed the crowded-restaurant scenario, which, aside from adding insult to injury by being such a cliché, denies more timid dumpees their right to a private, tearful, abusive rage.

But Jessica commented: "I'm going to put in a small plug for restaurant, only because I've seen so many couples break up that way (and have been there myself). In fact Jane F. and I once worked up a whole bit about the qualities of a Good Breakup Restaurant." And Karen even cited a favourite location: "My breakup place was College Street Bar. Got dumped there and later paid it forward."

If you're not sure which breakup method is best for you and your intended ex, choose Nora's protocol: In person, in private. And remember that, as always with good manners, it's about putting the other person's feelings before your own. In this case, the other person's feelings may be vengeful hatred of you, but so be it. Take it on the chin, and know that you did the right thing, which may even help the person when calm enough to appreciate it.

Need advice?
Email Ellen:
scene@metronews.ca

metroview

The toughest part of Syrian resettlement is still ahead of us

Tim Harper

Much of the political and national conversation on the Trudeau government's ambitious Syrian refugee program has revolved around targets and timelines. But that has obscured a larger truth.

As the country's 10,000th Syrian refugee arrives in Canada this week, the toughest part of this project for the Liberal government lies ahead.

For the first time, government-sponsored refugees have topped the numbers of privately sponsored refugees, and another 15,000 displaced Syrians — a mix of both programs — will arrive by the end of February.

Military bases are standing by to potentially house government-sponsored refugees in the dead of a Canadian winter, and this is a much more vulnerable, at-risk group than those who have the privately sponsored support system awaiting their arrival.

This country, because of geography, some prudent planning despite the rush, and the ability to pick and choose its new arrivals, can legitimately look on our effort with pride. We are now standing virtually alone in not having to face down some type of refugee backlash.

But as their numbers swell, it will not take much to spark one. There can be no perception that housing, schooling or job queues are jumped and the resettlement effort has to continue relatively seamlessly so that anxieties are not heightened on either side. There are those who want this government project to fail and they are lurking, on social media and email inboxes, waiting with matches to ignite that spark.

Canadians have contributed to winter clothing drives and have welcomed refugees into their homes. It has taken on the trappings of a national project.

But European countries, without the ability to pick and choose, have been dealing with a tide of migrants with no end in sight. According to the International Organization for Migration, 1,700 migrants have arrived by sea in Europe each day so far in 2016.

In Germany, Angela Merkel's government is changing laws to make it easier to deport foreign nationals, including asylum-seekers, in the wake of a massive number of assaults and sexual assaults of women in Cologne on New Year's Eve. All the suspects identified so far are immigrants, but they are not necessarily part of a wave of 1.1 million migrants who flooded into Germany last year.

That doesn't seem to matter. The damage is done. There is no direct line to be drawn between those incidents and attitudes in Canada, but opponents of the influx will be only too happy to draw one, if given half a chance.

Tim Harper (@nutgraf1) is a national affairs columnist for the Toronto Star.

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metro LIFE
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"I'm just a gay guy from Indiana who doesn't play basketball, but now I'm the entertainment president of CBS," Glenn Geller said of his network losing significant ground in depicting ethnic diversity.

Baking the good into goodies

EATING WELL

Sweet! Healthy tricks and substitutions from a dietitian

After holiday indulgences, baking might not be uppermost on the minds of most home cooks. Yet it's not necessary to give it up if you use a few tricks to inject some stealth health into muffins, scones, cakes and other goodies.

Using lentils, barley and canola, along with taking steps to reduce fat and sugar, can go far in making sweets and snacks healthful without sacrificing taste, says registered dietitian Zannat Reza.

Lentils are high in fibre and protein, inexpensive, and easy to add to baking when puréed, says Reza. "On the weekend I'll puree up a whole bunch of lentils, scoop them out in half-cup measurements and freeze them," says Reza, who is based in Toronto.

"If you have the urge to bake you can take out one of these little pucks, thaw it in the microwave and add it to your baking.

Greek yogurt adds more protein and calcium to recipes and can be used in place of sour cream and mayonnaise.

Here are some other ways to put a healthier spin on baking:

Flour power

Swap in whole wheat flour for half the all-purpose flour in a baking recipe. Then add 2 tablespoons of wheat germ, needed because federal rules allow manufacturers to remove up to five per cent of the wheat kernel to reduce rancidity and prolong shelf life.

"You do need to add a little bit extra liquid," says Reza. "For every two tablespoons of wheat germ I find that you need to add at least a quarter cup of liquid. It could be milk, water. Say if a recipe calls for sugar and you're using maple syrup, you're adding a liquid to the baking so that will add towards the liquid."

Look for products that have "whole grain" on the label or in the ingredients list, she says.

Spiced Apple and Lentil Skillet Cake. ALL PHOTOS: HANDOUT/THE CANADIAN PRESS

VERSATILE AVOCADO
Swapping in an equal amount of mashed avocado for butter works well in chocolate baked goods.

Barley flour can be swapped for all-purpose flour. Barley contains vitamins, minerals and amino acids and is low in sodium, fat and sugar. Health Canada has approved a claim linking the consumption of barley beta-glucan, a type of soluble fibre, to reduced blood cholesterol.

Barley flakes resemble rolled oats but pack more fibre and are great in granola or as part of a topping for fruit crisp.

Canola oil

Cut the amount of butter with canola oil. In a recipe calling for 1/2 cup of butter, you can swap in 1/3 cup of canola oil.

"When it comes to a lot of muffin recipes I tend to use canola just because it has that neutral taste and also has that source of plant omega-3s which are heart healthy," says Reza.

But for pastry or scones, butter is still better for its consistency.

Hemp seeds

Hemp seeds or hearts boost protein and add heart-healthy fats along with a nutty flavour.

"Sometimes I'll add it to smoothies or on my cereal, but lately I've added it to some granola that I've made. I just add it in the last 10 minutes (of baking)," says Reza.

Puréed or mashed fruit

Swap out about half the fat in a recipe with puréed fruit.

For every 1 cup of unsweetened applesauce, reduce the liquid called for in the recipe by 1/4 cup. THE CANADIAN PRESS

TASTY AND PORTABLE

Satisfying and protein-packed

Banana Lentil Muffins are a moist on-the-run breakfast option.

These moist muffins are a great snack or breakfast on the go.

"They have protein, staying power, keep you feeling full," registered dietitian Zannat Reza says.

She put in extra mashed bananas and reduced the amount of canola called for in a recipe from Canadian Lentils.

Make a double batch and freeze one for up to a month. **Makes 12 muffins.**

Ingredients

- 1 egg, slightly beaten
- 1/4 cup canola oil
- 1/2 cup granulated sugar
- 1 1/2 cups bananas, mashed
- 1 cup lentil purée
- 1 tsp vanilla extract
- 1 1/3 cups whole wheat flour
- 2 Tbsp wheat germ
- 1 tsp baking soda
- 1 tsp baking powder
- 1/2 cup raisins

Directions

1. Preheat oven to 400 F.

2. In a bowl, combine egg, canola oil, sugar, bananas, lentil purée and vanilla. Mix well.

3. In another bowl, mix together flour, wheat germ, baking soda, baking powder and raisins. Stir into egg mixture until just combined.

4. Spoon batter into greased muffin pan, filling each cup about two-thirds full.

5. Bake for 15 to 20 minutes or until a toothpick inserted into centre of muffins comes out clean. Let cool and remove from pan.

RECIPE ADAPTED BY REGISTERED DIETITIAN ZANNAT REZA FROM CANADIAN LENTILS.

RECIPE

Spiced Apple and Lentil Skillet Cake

This guest-pleasing recipe has a dash of stealth health (lentil purée, apples and whole wheat flour). Each serving delivers five grams of fibre and eight grams of protein. **Makes 6 servings.**

Ingredients

- 1/3 cup plus 2 tbsp unsalted butter, divided
- 3/4 cup granulated sugar
- 2 large eggs
- 1 tsp vanilla
- 1/2 cup all-purpose flour
- 1/2 cup whole-wheat flour
- 1 tsp baking soda
- 2 tsp cinnamon
- 1 tsp ground ginger
- 1 tsp nutmeg
- 1/2 tsp sea salt
- 2 cups finely chopped apples
- 1/2 cup lentil purée

Directions

1. Preheat oven to 350 F. Grease a 9-inch cast-iron skillet or square baking dish with 2 Tbsp butter.

2. In the bowl of a stand mixer, cream remaining butter and sugar on high speed until light, about 2 minutes, scraping down sides a few times. Add eggs and vanilla. Beat on high for 2 minutes until fluffy, scraping down sides a few times.

3. In a separate bowl, combine flours, baking soda, cinnamon, ginger, nutmeg and salt. Mix well. Using a rubber spatula, fold flour mixture into butter mixture, then stir in apples and lentil puree until smooth.

4. Scrape into prepared pan, smoothing top. Bake for 25 to 30 minutes or until an inserted toothpick comes out with just a few crumbs clinging.

5. Serve warm, with whipped cream or vanilla ice cream.

SOURCE: CANADIAN LENTILS, LENTILS.CA.

How to prepare for the culinary Olympics

Whether swiping a kitchen tool, turning up a burner or blasting some rock music, Team Canada coaches are prepping junior chefs to stay calm when the heat is on

MEGAN PROPER

"Competition is a sick thing. At the time you hate it, but the second it's over, you want to do it again. It's stressful and time consuming but you still want to do it."

Clockwise from top left: Apple praline with apricot sorbet, ice wine mousse, leche de creme and raspberry garnish; smoked scallop with a white chocolate cauliflower mousse, beet puree, pickled fennel, orange and a vodka foam; pierogi with bacon, onion and mushrooms; garlic waiting to be mixed with hummus. TORSTAR NEWS SERVICE

At the culinary Olympics, where teams from around the world make elaborate meals as a five-hour timer ticks down, every flick of the knife is accounted for, right down to the second.

The best way to prepare, according to Canada's junior team, is to prepare the menu over and over, hundreds of times. In the months leading up to this year's event in Germany on Oct. 21-25, the Niagara College Canada-based team will spend thousands of hours making the same dishes so they'll be able to recreate the menu almost robotically. Like athletes, these chefs need to be in the zone.

The coaches are not above a bit of trickery — turning up the heat on a burner, hiding the spatulas, blasting rock music — to help prepare the team for a tournament in which even simple mistakes can be devastating.

Last week, the team played host to their American opponents in a lead-up to the big event. The team needs to be unflappable in the face of Swiss judges in chef's whites looming over their stovetops.

"When you get to the top 10 countries, the differences are so slight. Even though you may have a fantastic team and perform very well, it's similar to sports: who has a good day? Who's 'on' that day?" said Craig Youdale, dean of the Canadian Food and Wine Institute and manager of Junior Culinary Team Canada.

In 2013, Niagara College won the chance to represent Canada. (The senior team is made up of professional chefs 25 and older from across the country.) Since then, these teammates have been putting in 50 hours every three weeks, on top of school and work, and will continue to do so until they reach Europe.

The team was chosen based on talent, experience and work ethic, but the key on competition day is managing time and stress, Youdale said. Part of training also involves friendly matches, such as the one held at Niagara College over the weekend. The nine-member Canadian under-25 team tempered chocolate, shelled mussels and scraped marrow from veal bones metres away from the Americans who had flown in for the weekend.

On Saturday, the college hosted the U.S. ambassador to Canada, Bruce Heyman, to a six-course dinner prepared by both North American teams. But on Friday, the two teams squared off in a competition before three judges who will also be in Germany.

The menu was similar to the one the Canadian team will present at the Olympics: venison tourtière, quail roulade, roast duck with pressed confit, terrines of mushroom and seafood.

Canada won. But the rivalry is an amicable one, at least for now.

"You're not going down to a fight like hockey," said U.S. team captain Kristyn Granahan on the eve of last week's competition. "You're still enemies, in a way, but friendly enemies."

At this year's Olympics, which is known officially as the Internationale Kochkunst Ausstellung Culinary Olympics, there will be 20 countries competing at the student/junior level (at the professional level there are 32 countries).

Each team will create a buffet and three-course menu for 60 guests. Only five team members will be allowed in the glassed-in kitchen. That means the coaches and support team are forced to press their noses to the fishbowl, sweating over every detail but unable to help. One former coach even said the experience was more stressful than waiting for his wife to give birth.

All this painstaking preparation and presentation is great, but Judson Simpson, team mentor and international culinary judge, said the risk is losing sight of what the judges most care about.

"They get so wrapped up in how pretty something looks, because the eyes feast first," said Simpson, whose day job is House of Commons chef. "Taste is very subjective, but people overlook the significance of it. Fifty per cent of the mark is the taste."

TORSTAR NEWS SERVICE

NEW YEAR'S RESOLUTIONS

Try wines outside your comfort zone

Peter Rockwell
For Metro Canada

If you're looking for a New Year's resolution to broaden your palate in 2016, promise yourself to try new grape varieties.

There's no better way to learn more about wine than drinking outside of your comfort zone and adding an unfamiliar berry to your liquid vocabulary.

Though some of you may think winter isn't the optimum season to experiment with white wine, I'm here to tell you that anytime is a good time to pour white.

I love the Viognier grape this time of year. With tropical aromatics and plump fruit flavours it's tasty on its own and makes a great companion with cold-weather cooking.

Originating in France's Rhône Valley, where it adds oomph to both white and red blends, it's now found a home just about everywhere in the wine world.

Cono Sur's 2015 Bicicleta Viognier ($9.95-$12.99) from Chile is a great entry level version with a plush, peach-meets-apricot aroma and surprising weight on the palate for a relatively inexpensive wine.

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The fish we can't resist

SNACK FOODS

A new spin on addictive Goldfish crackers

Despite the zeal toward eating local and whole foods, kids and adults are inhaling these addictively cheesy and salty fish crackers by the handful. Sales of Goldfish crackers alone totalled more than $435 million in 2013, and 142 billion of the crackers are produced each year by Pepperidge Farms. Not bad for a cracker that company founder Margaret Rudkin introduced in 1962 after seeing a Swiss biscuit maker roll out fish-shaped crackers in 1958.

At Toronto's Junked Food Co., owners Brian McKilligan and Vince Farago created a menu incorporating snack food like putting taco fixings into a bag of Doritos, drizzling flatbreads with Jolly Rancher barbecue sauce, and breading chicken nuggets with crushed Goldfish crackers.

"If a bag of them are in front of me I'm going to eat them," says McKilligan. "They're not the typical processed cheese snack. There's a spice to it and more flavour than a basic cheese cracker."

TORSTAR NEWS SERVICE

Adding Goldfish crackers to Apple Brown Betty gives a delightful crunch to the buttery flour crumble topping.
TORSTAR NEWS SERVICE

Apple Brown Betty with Goldfish Cracker Crust

Many recipes that incorporate snack food do it more as a novelty than improving the flavour or texture of the original dish. This take on a traditional Apple Brown Betty, however, gives a delightful crunch to the buttery flour crumble topping, and adds a cheesy, salty flavour inspired by the classic American pairing of apple pie and cheddar cheese.

Ingredients
2 small baking apples, cored, and sliced into eighths, peeled if desired (try Honeycrisp or Pink Lady)
7.5 mL (1 1/2 tsp) ground cinnamon
5mL (1 tsp) lemon juice
5mL (1 tsp) brown sugar
5mL (1 tsp) hot water
For the crumble
30mL (2 Tbsp) all-purpose flour
15mL (1 Tbsp) brown sugar
30mL (2 Tbsp) unsalted butter, room temperature
125mL (1/2 cup) cheddar-flavoured Goldfish crackers, crushed
5mL (1 tsp) unsalted butter, room temperature
Preheat oven or toaster oven to 350F.

Directions

1. In a bowl, toss the apple slices with the cinnamon and stack them in an oven-safe dish.

2. In another bowl, mix the lemon juice, 1 tsp of brown sugar, and hot water until the sugar dissolves. Pour the mixture over the apples. Set aside.

3. In another bowl, combine the flour, 1 Tbsp brown sugar, and 2 Tbsp of unsalted butter until it reaches a crumbly texture. Sprinkle it evenly on top of the apples.

4. Bake for 40 minutes.

5. Melt the remaining 1 tsp of butter and pour it over the crushed crackers, coating them evenly. Remove the dish from the oven and sprinkle the buttered crackers over the top.

6. Melt the remaining 1 tsp of butter and pour it over the crushed crackers, coating them evenly. Remove the dish from the oven and sprinkle the buttered crackers over the top.

7. Place back in oven and bake for another 20 minutes.

8. Remove from oven. Let rest for 5 minutes before serving. Serves 2.

TORSTAR NEWS SERVICE

EAT SMART

Three ways to waste less and want less this diet season

Theresa Albert
For Metro Canada

You will not get through a workday this month without hearing about someone's diet or weight loss resolutions. Love it or hate it, this time of year is filled with tips, hacks and trends that encourage us to tighten the belt. Here are three ways that you can join in, by adding some pizzazz to your meals in place of calories.

Spiralize your vegetables

There are a number of tools in a variety of price ranges that will turn zucchini or carrots into strings. The idea here is a great one, change the shape of a low calorie, high nutrient food into something most diet plans consider forbidden: pasta. Once cut, the strings can be steamed or served raw and tossed with herbs, garlic and a touch of oil to be served hot or cold.

Buy a Bento

Japanese lunch boxes have been a thing for a long time but they are really taking off now as more people are avoiding the food court. These bins with separated compartments allow a wide variety of foods to be served all at once. This means less waste in the kitchen as any little bits and pieces of leftovers can be tucked into a box. Only have three green beans left? Top with pine nuts and tuck in next to the half avocado. Fill one compartment with leftover dressed salad and add a half a can of lentil. The combinations are endless and the containers so chic.

Freezer food

Ice cream is pretty much on everyone's no-no diet. The paleo people don't dairy nor do the vegans. The Weight Watchers don't do high fat/high sugar either but creamed fruit is all the rage. Simply add one avocado to a cup of frozen berries or bananas and blend. The good fat makes it creamy and the fruit keeps it lower cal.

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food.

Spiralized zucchini. ISTOCK

ROSE REISMAN
THE SAVVY EATER

THIS WEEK: Instant soups

There's nothing better than a hot bowl of soup on a cold day, but one of these cups contains all the cals without any nutrients.

PICK THIS

Campbell's Soup at Hand Chicken with Mini-Pasta

Portion 1
Calories 70
Fat 1.5g

SKIP THIS

Mr. Noodles Beef

Portion 1
Calories 290
Fat 11g

HERE'S WHY

Equivalent to a Turkey Sandwich from Druxy's in calories (roasted turkey breast, mustard, lettuce, tomato)

Nothing is more comforting in the winter than a hot bowl of soup. While homemade is the tastiest and healthiest choice, instant varieties are handy if you're looking for a quick addition to your meal. While neither of these soups contain enough nutrients, at least Campbell's has real pieces of chicken and contains no artificial flavours or colours. Skip the Mr. Noodles — it has 4 times the calories and 7 times the fat, making it nothing more than ramen noodles with artificial beef flavouring.

SERIES

American Crime is back asking tough questions about society

Oscar-winning writer John Ridley is back as executive producer for American Crime. THE ASSOCIATED PRESS

No one should come to American Crime expecting easy answers to the tough questions it poses.

Viewers learned that during season one of the celebrated ABC drama, when murder and drugs in a California town sparked a troubling look at race, class and a broken legal system.

Viewers will learn it anew as American Crime airs the second hour of this season's saga Wednesday at 10 p.m. EST.

Lurid photos of an Indianapolis teenager have gone viral after a school party where he claims to have been sexually assaulted.

But he will not be the only victim in a clash between students, parents and educators at two very different high schools.

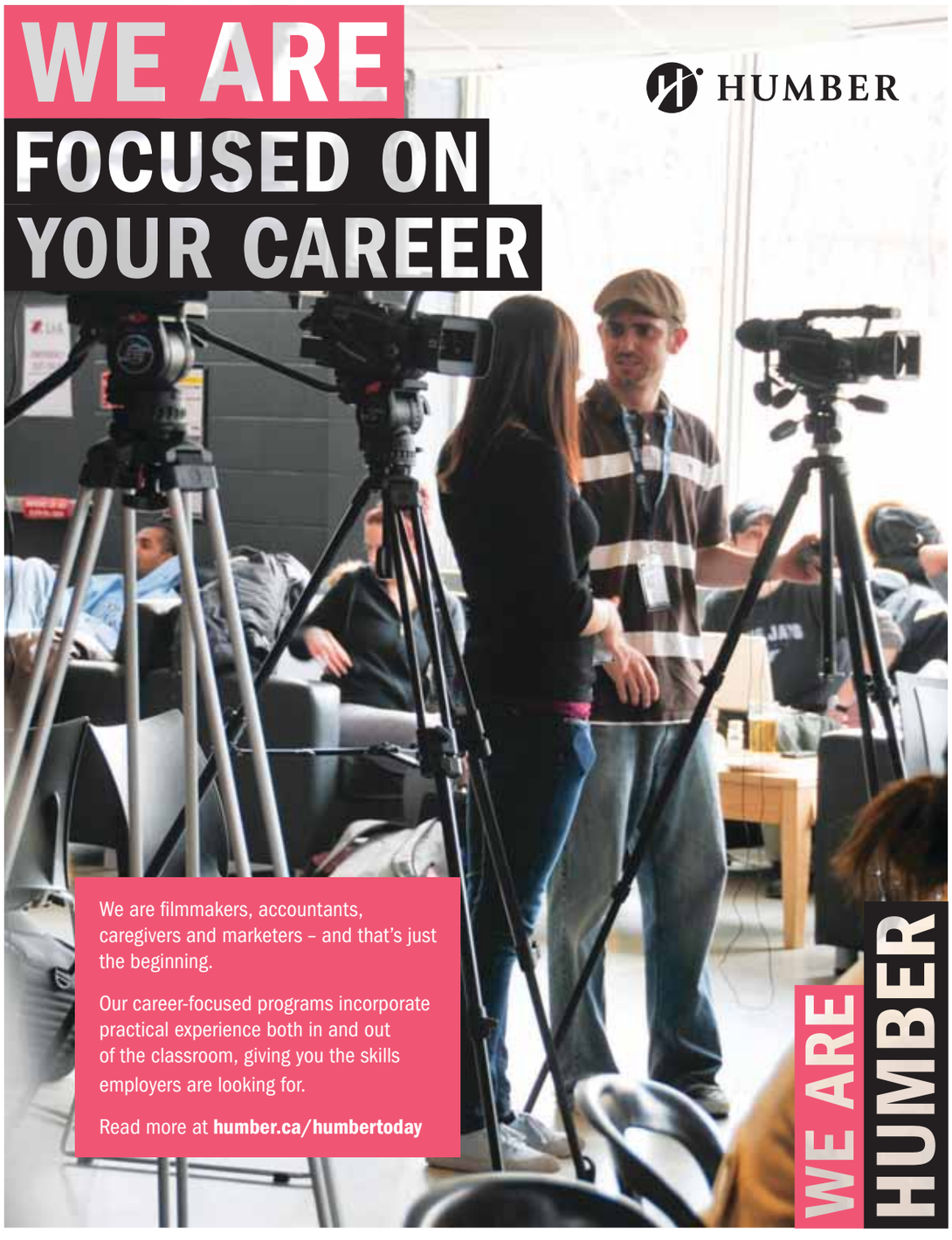
Returning from last season are Felicity Huffman, Timothy Hutton, Lily Taylor and Regina King (who won an Emmy the first go-around), although in brand-new roles.

Also back on board: creator and executive producer John Ridley, the Oscar-winning writer of 12 Years a Slave whose focus for American Crime remains that of examining broad, messy, pressing issues at a painfully personal level.

"The point is not solving them but watching people endure them," he says. "There are resolutions, but in terms of solving anything, like many times in life, we're never gonna know exactly what took place.

"The actors would ask me, 'Will I find out at the end if I did this?' or 'Did a certain thing happen or not?' I would tell each of them, 'Your truth is your truth.'"

It's not the typical drama series, certainly not on a broadcast network where right-and-wrong is usually spelled out for the audience and ethical debates are usually clear-cut. American Crime calls for viewers to unlearn well-entrenched expectations bred by decades of TV custom. It's challenging and rewarding. THE ASSOCIATED PRESS



JOHANNA SCHNELLER

WHAT I'M WATCHING

A dramatic introduction to Pablo Escobar

A bridge stop is how we meet the simmering Wagner Moura, who plays Pablo Escobar in Narcos. CONTRIBUTED

THE SHOW: Narcos, Season 1 Episode 1
THE MOMENT: Netflix

On a bridge circa 1973, Colombian colonel Herrera stops trucks loaded with electronics. A mustachioed man (Wagner Moura) steps down.

"Who do you think you are?" Herrera confronts him. "You don't even bother to hide your contraband."

The mustachioed man doesn't blink. "Take a TV," he says genially.

The colonel sputters. "It's not for you," the man continues. "It's for Carlitos, your son. Wouldn't he like a TV in his room?" He turns to another solider.

"Your daughter just got her driver's license, right? I have a nice stereo for her."

He continues addressing soldiers by name, listing their family members. Finally he stops. "Señores, I'm going to tell you who I am," he says, still serene. "I am Pablo Emilio Escobar Gaviria. My eyes are everywhere. Accept my deal, or accept the consequences." The colonel nods. Escobar's trucks drive on.

Now, that's how you introduce a character. Moura never raises his voice. He takes his time. Oh, he stands too close to the soldiers, peers too intently into their sunglasses. But the small smile never leaves his face. In 90 seconds, we know exactly what he's capable of. And this is before he discovers cocaine.

This 10-part series is grounded by facts, and they're terrific: We see how the Medellin cartel made and shipped cocaine in the 1970s and '80s. But what makes it jump is the clarity of the characters. Escobar became a folk hero to Colombians while he murdered their policemen and built drug labs in their rainforests. Moura helps us comprehend how.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

metro DRIVE

Your essential daily news

Derek Zoolander gives his best Blue Steel in new Fiat 500X commercial

Spreading cuteness to crossovers

REVIEW

Stylish and fun, this Fiat is mostly buono

Mike Goetz
For Metro Canada

The small crossover segment is hot. People just love how they bring bigness and AWD into a tidy package. Every brand is bringing one to market, or already has, even luxury brands.

But owing to their small and chubby shapes, sometimes these crossovers are far from the pinnacle of sublime vehicle design. Teenage boys are not putting up posters in their bedrooms of the Chevrolet Trax.

Fiat lucked out in this regard, as their bulbous styling ethos is perfectly suited to this genre. The 500X looks stylish and fun, and distinctively Fiat, with great proportions, and meaty wheels that look like they mean business.

The rounded shape is perfect for maximizing people and cargo room. Headroom and legroom are just great for a vehicle of this size.

Lots of vibrant colour options too, to further the F500X's excellent visuals. But we're not going let good looks completely cloud our thinking, like it usually does.

It utilizes engines, transmissions, and a platform from the Jeep Renegade, and is built alongside Renegade at Fiat's plant in Turin, Italy. The base model, called Pop, is fitted with the 1.4-litre engine and six-speed manual transmission.

Only the 2.4-litre engine is paired with an automatic transmission or AWD, so if you want either of those pieces, you have to move up to the Sport trim (where the 2.4-litre is optional), or the Trekking and Lounge trims (where the 2.4-litre engine is standard).

Our tester was a Trekking with AWD ($32,690) model, with several options, including the big 8.4-inch touchscreen with all the fancy audio stuff and navigation, and the really, cool and big "two-pane" powered sunroof, for a pre-tax, pre-destination charge tally of $35,875, which actually represents pretty good value, considering the level of equipment.

Getting comfy and adjusted behind the wheel is a synch, thanks in part to Chrysler's intuitive touchscreen, and lots of nice, round switchgear, which is part of the "rounded" interior and exterior vibe of the Fiat 500 line.

On one particular long-haul drive, I found myself squirming a bit in the driver's seat, which seems less supportive than it could be. But overall the cabin's a great place to hang out. The 180-hp 2.4-litre engine is plenty strong and peppy, but the real technological treat is the nine-speed automatic transmission.

The excellent powertrain is let down, however, by the handling. Nothing dangerous, just a bit too much body motion over rough stuff and in the corners, and not too involving. If you like to zone out when you drive, this will not be a problem, but if you need to get your driving fix everyday, maybe look elsewhere. Otherwise the 500X looks good, especially in the … well, looks department.

THE CHECKLIST | 2016 FIAT 500X

THE BASICS

Type. Five-door, five-passenger, FWD or AWD, subcompact crossover
Power. 160-hp turbo 1.4-litre I4, 180-hp 2.4-litre I4
Transmission. six-speed manual, nine-speed automatic
Price. Base $21,995 (plus destination)

COOL FEATURES

• AWD features regular, sport, and super traction modes, and also automatically disconnects rear axle, when AWD not needed.
• Big dual panel sunroof, lots of exterior colours.
• Full suite of safety systems available, including forward collision and blind sport warning, and rear cross path detection.

MAIN AND INTERIOR PHOTOS: MIKE GOETZ/FOR METRO; OTHERS HANDOUT

POINTS

• Cute yet rugged styling stands out in crowded crossover market.
• No cheap AWD versions; AWD only available on higher trim lines, and with 2.4-litre engine and automatic transmission.
• Achieved Top Safety Pick + status, highest safety rating awarded by the IIHS.

MARKET POSITION

• Designed and built in Italy, and marketed as such — it's the stylish and fun alternative with flair and personality.
• First Fiat to offer AWD; shares platform with Jeep Renegade.
• Fiat's entry in hot subcompact crossover segment; a segment that has great appeal to young couples and families, and empty nesters.

THE COMPETITION

Mini Countryman
Base price: $29,950

Nissan Juke
Base price: $20,698

Buick Encore
Base price: $29,645

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DRIVING FORCE

Heading up PR for automaker is no small task

Jil McIntosh
For Metro Canada

Getting a new auto model to market is an extremely complicated and costly process.

Not only can it take years to design and engineer it, as well as get the assembly lines ready to build it, but the automaker also has to get the news out. It's a full-time job that can take an entire team to manage, and it's far more work than most people think.

"Our job is to get mainstream coverage of our vehicles to create awareness for the public," says Chuck Reimer, senior specialist of public relations for Mazda Canada. "It takes a special personality to handle everything that gets thrown at you and do it with a smile on your face."

While the public relations department isn't involved in the car's initial creation, the staff members know about new products far in advance of the vehicle's official launch, which must be kept secret from the public and the press.

PR specialist Chuck Reimer is the bridge between Mazda and media. JIL MCINTOSH/FOR METRO

Most new models are usually first unveiled at auto shows, and then shortly afterwards, events are set up where auto writers and broadcasters drive and evaluate the vehicle for the first time.

Advertising campaigns are done by agencies, but the PR department writes the press releases that go out to news agencies and journalists.

"You have to know how to write, and communication has to be a strong suit for you," Reimer says. "If you have spelling mistakes in it, there is always someone who will send you an email."

In the past, it was enough to get the information out to newspapers and magazines, but today, automakers also have to work with social media.

In addition to maintaining websites for consumers and media, including uploading all of the specifications and pricing for each model, automakers have to keep their Facebook, Twitter, Instagram and other channels updated. In some auto companies, working with bloggers and social media is a full-time job in itself.

In addition to putting information out to the press, automakers frequently have to answer to it. Public relations usually supply the automaker's spokespeople when required, such as when recalls or other issues make the news.

Auto manufacturers maintain fleets of vehicles that are lent to the press for evaluation, and it's Reimer's job to handle almost all of them across the country.

This involves determining what trim levels and options should be ordered, maintaining the schedules of who's driving them, and being sure they're ready to go each week. Getting information out may sound like an easy job, but it's actually very involved.

"There are always ten things on the go, so you have to be very organized," he says. "It's a professional occupation, and you have to be professional and credible yourself. And every day is different."

PR BASICS

- While requirements vary by company, many public relations specialists have degrees in business administration, journalism, or communications.
- In 1923, advertiser-turned-automaker Ned Jordan promoted his cars by focusing on lifestyle rather than the vehicle, marking the start of modern auto advertising.

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GM bets U.S. will buy Made in China

DETROIT AUTO SHOW

Vehicle may be a U.S. presidential campaign issue

"This is a major event that opens a new era," say Harley Shaiken, an automotive labour issues expert. AFP

General Motors is placing a big bet the American public is willing to drive a car built in China with the Buick Envision, unveiled earlier this week.

The largest U.S. automaker is certainly not trying to bring it to market quietly: Buick's latest sport utility vehicle was introduced at a lavish party on the eve of the Detroit Auto Show in the hopes of maximizing media coverage.

"We expect it to be a great success," said Molly Peck, U.S. marketing director for Buick.

"It offers all the features and amenities of a luxury UV. It's high quality, quiet, filled with advance safety technology. The design is gorgeous. The interior execution is outstanding. And it's all at a price point that offers a great a value."

sparked outrage and is expected to become an issue in the 2016 presidential campaign.

The United Auto Workers union, which had lobbied to build the Envision in the United States, called the decision to import it from China a

nancial 2008 crisis.

Republican frontrunner Donald Trump has not yet seized on the issue, but given that he regularly rails against China for stealing American jobs analysts say it's only a matter of time. AFP

LONDON TAXI COMPANY

Black Cabs go electric with internal redesign

With a major investment from its China-based owner, Geely, the London Taxi Company will convert all its iconic Black Cabs to extended-range hybrid-electric vehicles.

The next-generation TX5 model's powertrain was chosen to allow zero-emission operation without causing the dreaded "range anxiety" associated with electrics.

Under the familiar looking skin, the taxi has been almost completely redesigned, with an aluminum body structure with composite panels, and rear-opening doors for easier access.

Other passenger-friendly features include a panoramic glass roof and onboard wi-fi. Geely, also known for its hydrogen fuel cell-powered transit buses, invested US $77.2 million in a new plant in England that will also serve as Geely's U.K. research and development centre.
WHEELBASE MEDIA

Black Cabs to extended-range hybrid-electric vehicles.
COURTESY WHEELBASE MEDIA

IN BRIEF

Aston Martins displayed at Harrods in London

Three Aston Martin cars will take over the Harrods storefront window in London as part of a month-long celebration of the British-made automobile.

Aston Martins have been synonymous with James Bond films for the last 50 years. The DB10 being shown at Harrods was built specifically for the latest Bond film Spectre. Also on display is the new Austin Martin model DB9 GT. Arguably the most famous of Aston Martins, the DB5, can be seen at the luxury department store in the Knightsbridge area, as well. This model was released in 1963 and set a standard for Aston Martins to follow with its improvement in performance.

Aston Martin specialists will be on site throughout an accompanying exhibition to provide visitors with insight into the cars and their product range. The window display and the exhibition will run until January 28. AFP

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metro SPORTS

'I think I'll live': Bill Belichick has a black eye and neither his players nor reporters could get the Patriots coach to reveal how he got it

IN BRIEF

Rams going back to Cali

NFL owners voted Tuesday night to allow the St. Louis Rams to move to a new stadium just outside Los Angeles, and the San Diego Chargers will have an option to share the facility.

The Oakland Raiders, who also wanted to move to the area, could move to Los Angeles if San Diego doesn't, commissioner Roger Goodell said.

The moves end the NFL's 21-year absence from the nation's second-largest media market.

The Rams — based in the L.A. area from 1946 to 1994 — will play in a temporary facility, probably the Los Angeles Coliseum — until the new stadium is ready for the 2019 season.

THE ASSOCIATED PRESS

Ryerson falls at Harvard in non-conference action

Corbin Miller scored a season-high 18, on a career-high six three-pointers, Zena Edosomwan added 11 points and grabbed 12 rebounds, and Harvard beat Ryerson 73-57 on Tuesday night in Cambridge, Mass.

Evan Cummins scored 12 points, Weisner Perez grabbed 13 rebounds and Agunwa Okolie had 10 boards for the Crimson.

Jean-Victor Mukama and Aaron Best scored 12 apiece for the Rams.

Ryerson led early but Perez hit a go-ahead jumper amid a 10-2 run for the Crimson and Harvard led 38-23 at halftime.

THE ASSOCIATED PRESS

Less drama for AA as Hollywood honcho

MLB

He's not 'The Guy' but ex-Jays GM is good fit with Dodgers

Alex Anthopoulos is joining the Los Angeles Dodgers as vice-president of baseball operations.

STEVE RUSSELL/TORSTAR NEWS SERVICE

Of course Alex Anthopoulos was going to land somewhere.

He enjoyed his time off, actually; it felt like awakening from a deep, dream. He could take his daughter to school and his son to daycare and be there when they came home. He could stroll to the store. He could wake up and not have to head to the office, and the baseball gears that never stopped turning in his head slowed down. Post-Blue Jays, Alex Anthopoulos got to be a normal person for a while.

But he was always going to get back into baseball. There were media offers, and he thought about it: shorter hours, a decent salary, he could stay in Toronto. He always wanted to stay. He just couldn't stay in baseball here, and that's who he is.

So Tuesday, it was made official: the 38-year-old Anthopoulos is joining the long, crowded table in the Los Angeles Dodgers' front office, headed by his friend Andrew Friedman. It includes fellow Canadian Farhan Zaidi, the general manager from Sudbury, and senior vice-president of baseball operations Josh Byrnes. Anthopoulos will be called a vice-president of baseball operations, but has been told he'll be in the room for everything.

Oh, and ex-GM Ned Colletti is still hanging around as a senior advisor. You can't swing a bat without hitting an ex-GM there. It must be good business producing nameplates and business cards in the greater Los Angeles area.

> **My focus is not at all on any other positions, any other jobs. I would be thrilled if this is where I spend the next 20 years of my career.**
>
> Alex Anthopoulos

"For me, the people you work with are the most important thing," said Anthopoulos on a conference call.

"The people that work here were the main draw."

Now, some people are going to jump on this, because Jays president Mark Shapiro and new GM Ross Atkins landed with a thud in Toronto before some recent improvements, and Shapiro is the reason Anthopoulos walked away. Somebody will make too much of this, and probably already has.

But with Anthopoulos, there's not usually much palace intrigue. When the Montreal native walked away from the Jays after his near-dream season, he knew he wasn't going to be a general manager this year. He could have taken the five-year offer that Rogers, in a panic, pushed across the table after he told them he was leaving. It was, strangely, the first time they'd heard.

That was never going to happen, though. The minute Rogers hired Shapiro as the team's president, concluding a near year-long bumbling backstabbing journey to replace Paul Beeston, it wasn't a fit.

This is. As Anthopoulos put it in another phone call, he has been told it's a really meaningful role. When you're working for the Dodgers, with their colossal payroll and sky-scraping ambition, there's not a trade, a signing, or a move that you couldn't theoretically be involved in. They need all the brains they can get.

"They're great human beings, and it's a good dynamic, and I think I'm going to get better and I'm going to learn from it, too," said Anthopoulos, who had another offer from another team on the table. "And I'll bring something to it, too."

TORSTAR NEWS SERVICE

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Lupul in search of old self

NHL

Leafs need deflated winger to rediscover scoring touch

These are frustrating days for Maple Leafs forward Joffrey Lupul, who is in a profound scoring slump since coming back from injury.

The veteran winger has only one goal in his past 13 games going into Wednesday night's home encounter against the Columbus Blue Jackets.

The 32-year-old veteran missed five games with a lower-body injury before returning Dec. 15. He hasn't scored since Dec. 21 against Colorado.

Playing about 14 minutes a game, Lupul is not contributing as much as he could — and both he and head coach Mike Babcock have addressed the situation. Babcock said he talked to Lupul before practice on Tuesday.

"We talked about three specific things that he can focus on," Babcock said. "Since he got back, it hasn't gone as good, partly because you can't skate the same way initially. Then by the time his skating gets good, you're tight because nothing's gone in for you."

He told Lupul to "loosen up, breathe, relax a little bit and play hard and focus on the things we talked about and let's get going."

Lupul admits his return hasn't gone as well as he would have hoped, but he felt confident after a good practice.

"It's tough coming back from an injury sometimes," Lupul said. "For me, right now, it's just about getting my legs going, so I've been working on that. I did some extra work today. I feel pretty confident."

Lupul broke his arm one season and, when he came back, said he felt great because he had skated the whole time he was out. A lower-body injury doesn't afford the same luxury.

In 35 games, Lupul has registered only nine goals and three assists and is minus-8, which ties him for the worst on the team with Byron Froese.

He seems a long way from his performance in 2011-12, when he collected 67 points on 25 goals and 42 assists in 66 games with Toronto.

The Leafs now need Lupul to regain his scoring touch more than ever, with the team's leading point-getter, James van Riemsdyk, gone for six to eight weeks with a broken foot.

As well, the team's leading goal scorer, Leo Komarov, missed his second straight day with undisclosed aches and pains from the western road trip. Babcock said he expects Komarov to play against the Blue Jackets, but stopped short of confirming his status until after Komarov skates with the team in the morning.

TORSTAR NEWS SERVICE

Joffrey Lupul has been stuck on nine goals since Dec. 21. DOUG PENSINGER/GETTY IMAGES

> **Loosen up, breathe, relax a little bit and play hard and focus on the things we talked about and let's get going.**
>
> Mike Babcock's advice for newly-returned Joffrey Lupul

NHL IN BRIEF

Pair of Habs linked to alleged domestic dispute

Injured Montreal Canadiens goaltender Carey Price skated for a second straight day Tuesday, but the sliver of good news for the struggling club was overshadowed by more controversy off the ice.

Montreal La Presse's digital edition said Alex Galchenyuk's girlfriend was arrested in a case of alleged domestic violence. Galchenyuk and Devante Smith-Pelly were reported to be present during the incident. THE CANADIAN PRESS

Blackhawks extend coach

The Chicago Blackhawks have given a three-year contract extension to Joel Quenneville, locking up the highly successful coach through the 2019-20 season.

Quenneville has 781-451-77-110 record over 19 years as an NHL head coach, including the past eight in Chicago, where he has won three Stanley Cup championships since 2010. Entering the week, his Blackhawks teams were 343-168-69 with a franchise-best .651 winning percentage in the regular season in that time.

THE ASSOCIATED PRESS

PREMIER LEAGUE

Man United plays to thrilling draw

So much for Manchester United being boring. In one of the most entertaining matches of the English Premier League season, United squandered a two-goal lead, went back in front through Wayne Rooney, and then conceded a 90th-minute goal to draw at Newcastle 3-3 on Tuesday.

Rooney put United ahead from the penalty spot in the ninth minute, before setting up Jesse Lingard for the second goal near halftime.

Georginio Wijnaldum and Aleksandar Mitrovic, also with a penalty, hauled Newcastle back level, only for Rooney to restore United's lead with a fine 20-yard curler before Paul Dummett's deflected shot levelled it.

Also Tuesday, Aston Villa beat Crystal Palace 1-0 and West Ham rallied for a 3-1 win over Bournemouth. THE ASSOCIATED PRESS

Wayne Rooney nets a penalty IAN MACNICOL/GETTY IMAGES

IN BRIEF

Vandals paint Messi's name on a Ronaldo statue

Vandals in Portugal have painted Lionel Messi's name on a Cristiano Ronaldo statue in Portugal.

Messi's jersey number also was tagged with red paint on Ronaldo's full-figured statue.

Portuguese and Spanish media say the statue was vandalized early Tuesday, a day after Messi won the Ballon d'Or to end Ronaldo's two-year hold on soccer's top individual honour. Ronaldo's statue was inaugurated in 2014 with the presence of the Real Madrid player and his close relatives. THE ASSOCIATED PRESS

NFL PLAYOFFS

Big Ben 'has a chance' of playing for Steelers

Maybe Ben Roethlisberger should consider throwing with his left hand.

The Pittsburgh Steelers quarterback said he's dealing with torn ligaments and a sprain in his right shoulder, though coach Mike Tomlin stressed the team remains hopeful Roethlisberger will be ready for Sunday's playoff visit to Denver.

"Ben has a chance," Tomlin said. "We'll manage him day to day." Roethlisberger's shoulder was driven into the soggy turf at Paul Brown Stadium by Cincinnati linebacker Vontaze Burfict late in the third quarter of last Saturday's wild-card win over the Bengals. The two-time Super Bowl champion described the pain as a "grind or a crunch" during his appearance on 93.7 The Fan.

There were no plans to send him back in until Cincinnati rallied to take the lead. When Pittsburgh earned one last chance Roethlisberger ambled back onto the field.

THE ASSOCIATED PRESS

> **We'll manage him day to day.**
>
> Pittsburgh coach Mike Tomlin

> **If I win, I'll let you guys know.**
>
> Even though Alex Ovechkin makes $10 million a year playing for the Washington Capitals, he can't pass up the chance to try to win the $1.5-billion Powerball jackpot.

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PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Far from authentic, this light and bright soup is an easy version of the intoxicating, traditional Vietnamese soup.

Ready in
Prep time: 30 minutes
Serves 4

Ingredients
- 1 Tbsp vegetable oil
- 2 garlic cloves, minced
- 1 tsp fresh ginger, minced
- 6 oz rice vermicelli (half of most packages)
- 3 1/2 cups chicken stock
- 1 cup water
- 14 oz can of coconut milk
- 3/4 lb of chicken breast, thinly sliced
- 6 Tbsp fresh lime juice
- 3 Tbsp fish sauce
- 2 tsp sugar
- Handful of cilantro
- Handful of bean sprouts
- 1 cup julienned carrots
- 1 cup julienned red pepper

Directions
1. In a large pot, warm up your vegetable oil and sauté the garlic and ginger until they're translucent and fragrant. Add the stock, coconut milk and water and bring to a simmer. Add the chicken and cook for 20 minutes.
2. While that's happening, soak your noodles in luke-warm water in a large bowl. Once the chicken has been cooking for 20 minutes, add the noodles and stir. Add the lime, fish sauce and sugar. Taste to check seasoning.
3. Serve in large bowls and top with fresh carrots, sprouts, peppers and cilantro.

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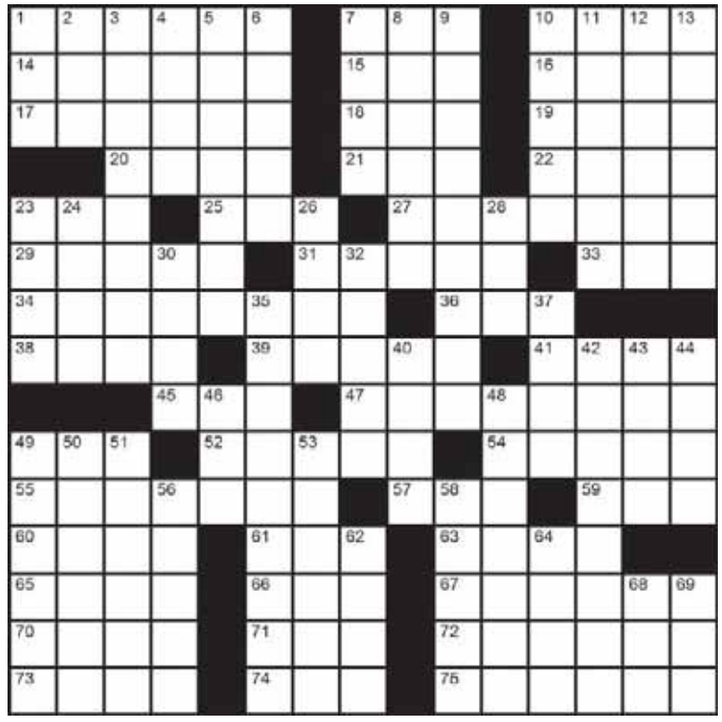

ACROSS
1. Make a raised design, as on stationery
7. Ball shape
10. Montreal 'souls'
14. Informant
15. 'Ballad' suffix
16. Immense
17. __ Islands, in The Caribbean
18. 'Impress' suffix
19. Particular preposition
20. Business contact nos.
21. Ben-Hur author Mr. Wallace
22. Cracked a bit
23. Mount __ (Volcano in Japan)
25. Energy
27. Get back together
29. __ of judgment
31. Deflect
33. Mr. Danson of "Cheers"
34. Arctic sky-to-snow aircraft
36. '_' __ in Iberville
38. "_! __..." (American anthem opener)
39. Combine, corporate-ly
41. Rhyming scheme
45. Be in need of Kleenex
47. One taking city transit: 2 wds.
49. 'Passion' suffix
52. Gold medal position
54. Taco kit brand, with Paso: 2 wds.
55. Kitchen set
57. Prefix to 'metrical'
59. Company's stock mkt. debut
60. Ms. Ryan's
61. Global currency org.
63. West's opposite direction
65. Goo Goo Dolls hit
66. Boat's one-of-two
67. Sprinkle with holy oil
70. Ms. Russo
71. Mini-looking guitar
72. One cracking a code
73. Shangri-la
74. Picture
75. Canadian-born reality star Shannon, and surnamesakes

DOWN
1. Techie bail-out key
2. Bygone bird
3. Canadian daily deals website co-founded by #48-Down
4. "Him __ __ - What's It Gonna Be?": Tune by #8-Down
5. Ready-to-start-slicing surgeon's request
6. Feel
7. Eye: French
8. Paul _ & The Raiders
9. Minhas __ and Distillery (Co-founded/co-owned by #11-Down)
10. Like a Canada Goose, for example
11. As per #9-Down... Ms. Minhas, Dragon on CBC's "Dragons' Den"
12. CBC's "The Fifth __"
13. Stashed
23. To boot
24. __ Fifth Avenue (Posh store)
26. Window what?
28. Ms. Hagen of Broadway
30. Belonging to an undercover agent
32. Words of action
35. Aspirational
37. Go boating
40. Grit
42. Food's extra ingredient
43. Traffic jam sound!
44. __ and Janis (Comic strip)
46. Commonly, in poetry
48. As per #3-Down... Dragon on CBC's "Dragons' Den", Michele __
49. Look up to
50. Like a wedding cake
51. Car part
53. Create a newer version
56. German industrial city
58. Bread-making ingredient
62. Discharge
64. Fish variety
68. Mr. Beatty
69. Actor Mr. Knight, et al.

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Play by the rules and don't cut corners. There's a lot at stake and while it may seem as if no one is watching they almost certainly are. Act as if the eyes of the world are upon you.

Taurus April 21 - May 21
Throw caution to the wind and do whatever it takes to make your mark. Aim to be first in everything you do and before the day is over your name will be up in lights. Don't pretend you don't want that — because you do!

Gemini May 22 - June 21
Any promises you made in recent weeks will have to be made good today and tomorrow. If you can't deliver on them then you may have to pay compensation.

Cancer June 22 - July 23
You don't have the last say. What can you do about it? Not a lot but it's no big deal. The cosmic wheel will turn again and one day soon you'll be calling the shots.

Leo July 24 - Aug. 23
Keep your plans simple because it will be all too easy to get into a muddle and lose track of what you are supposed to be doing. Cosmic activity in the work area of your chart means you need to stay flexible.

Virgo Aug. 24 - Sept. 23
You'll find yourself in a position of power but don't let it get to your head. If you're too domineering you could spark a feud that lingers for weeks, months, maybe even years.

Libra Sept. 24 - Oct. 23
If you need to make changes on the home front then do it now. If you don't take control someone else will, so start guiding events, and people, in the direction you want them to go.

Scorpio Oct. 24 - Nov. 22
You will think and act fast today and it may be frustrating when you have to slow down because others are dragging their feet. Look for intelligent ways to get ahead of the pack.

Sagittarius Nov. 23 - Dec. 21
Success needs to be worked at continuously. What happens today will make sure you don't forget that point. What you achieved in the past no longer matters — you are only as good as your next big win.

Capricorn Dec. 22 - Jan. 20
You'll find a way to get what you want. You can sense that the cosmic omens are on your side you won't allow anyone to stand in your way.

Aquarius Jan. 21 - Feb. 19
You seem to have a lot of negative feelings and you need to do something about them. Find a way to be alone with your thoughts today so you can get your head back in shape.

Pisces Feb. 20 - March 20
Today you'll come into contact with someone who has amazing ideas and can inspire you to achieve great things. They may not look remarkable at first sight though, so keep your eyes and ears open. Genius comes in all shapes and sizes.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

			6	4	5			
7		9				5		4
	2		5		3		7	
		3				6		
	1		9		7		3	
4		6				3		2
			3	2	1			

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

8	7	2	3	9	4	5	6	1
6	9	3	1	5	2	8	4	7
1	4	5	7	6	8	3	2	9
3	5	1	6	2	9	4	7	8
9	2	6	8	4	7	1	5	3
4	8	7	5	3	1	2	9	6
5	6	9	4	1	3	7	8	2
7	1	4	2	8	6	9	3	5
2	3	8	9	7	5	6	1	4

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Sorento SX Turbo AWD shown[‡]

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Offer(s) available on select new 2015/2016 models through participating dealers to qualified retail customers who take delivery from January 5 to February 1, 2016. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing and payments include delivery and destination fees up to $1,725, $5 OMVIC fee, $29 tire fee, and $100 A/C charge (where applicable). Excludes other taxes, licensing, PPSA, registration, insurance, variable dealer administration fees, fuel-fill charges up to $100, and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. [Φ]0% financing for up to 60 months plus up to $4,000 discount available on select 2015/2016 models. Discount is deducted from the negotiated purchase/lease price before taxes. Certain conditions apply. See your dealer for complete details. **Representative Financing Example:** Financing offer available on approved credit (OAC), on a new 2015 Optima LX AT (OP742F) with a selling price of $26,474 is based on monthly payments of $375 for 60 months at 0% with a $0 down payment and first monthly payment due at finance inception. Offer also includes $4,000 discount (loan credit). Other taxes, registration, insurance and licensing fees are excluded. **$500 Competitive Bonus offer available on the retail purchase/lease of any new 2016 Sportage and 2016 Sorento from participating dealers between January 5 and February 1, 2016 upon proof of current ownership/lease of a select competitive vehicle. Competitive models include specific VW, Toyota, Nissan, Mazda, Hyundai, Honda, GM, Ford, Jeep and Chrysler vehicles. Some conditions apply. See your dealer or kia.ca for complete details. [†]"Don't Pay For 90 Days" on all models (90-day payment deferral) applies to purchase financing offers on all new 2015/2016 models on approved credit. No interest will accrue during the first 60 days of the finance contract. After this period, interest starts to accrue and the purchaser will repay the principal interest monthly over the term of the contract. Offer ends February 1, 2016. [ˇ]**Representative Leasing Example:** Lease offer available on approved credit (OAC), on the 2016 Sportage LX MT FWD (SP551G)/2016 Sorento LX 2.4L FWD (SR75AG) with a selling price of $24,854/$29,354 (includes $500 lease credit discount) is based on a total number of 130 bi-weekly payments of $106/$135 for 60 months at 1.9%, with $0 security deposit, $1,950 down payment and first monthly payment due at lease inception. Total lease obligation $13,772/$17,566 with the option to purchase at the end of the term for $10,176/$11,142. Lease has 16,000 km/yr allowance (other packages available and $0.12/km for excess kilometres). [‡]Model shown Manufacturer Suggested Retail Price for 2016 Sorento SX Turbo AWD (SR75JG)/2015 Optima SX AT Turbo (OP748F)/2016 Sportage SX Luxury (SP759G) is $42,095/$34,895/$38,495. The Bluetooth® wordmark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. The 2015 Optima was awarded the 2015 Top Safety Pick by the Insurance Institute for Highway Safety (IIHS) for model year 2015. U.S. models tested. Visit www.iihs.org for full details. The Sorento received the lowest number of problems per 100 vehicles among midsize SUVs in the proprietary J.D. Power 2015 U.S. Initial Quality Study℠. Study based on responses from 84,367 U.S. new-vehicle owners, measuring 244 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of U.S. owners surveyed from February to May 2015. Your experiences may vary. Visit jdpower.com. Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.